

*Auroville*

# NEWS & NOTES

No 1104 - A weekly bulletin for residents of Auroville

18 December 2025

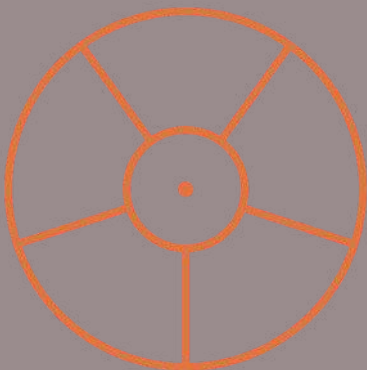
**RA EDITION**



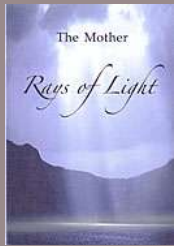
## PONDERING

A tree is separate as an object or phenomenon, but it is not a separate existence divided from all around it; there is a one-existence and a one-energy that has taken form of tree, constitutes every atom, molecule, fibre of it, pervades and is its whole structure of being and this existence, this energy not only abides in all of it and flows through all of it but extends everywhere around and is, constitutes, energises all other objects in the cosmos.

*Sri Aurobindo*, Ekamevadvitiam: One Without a Second, God: The One Reality, Essays Divine and Human  
<https://motherandsriaurobindo.in/chvureader.php?zbk=Sri-Aurobindo/books/essays-divine-and-human/god-the-one-reality>







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## 1. MAN'S RELATIONSHIP WITH THE DIVINE

### page 10

Outside the Divine all is falsehood and illusion, all is mournful  
obscurity. In the Divine is life, light and joy. In the Divine is the  
sovereign peace.

2 October 1954

### page 11

All our strength is with the Divine. With Him we can surmount all  
the obstacles.

4 October 1954

\*

The Divine's voice is heard as a melodious chant in the stillness  
of the night.

7 October 1954



The Divine's words comfort and bless, soothe and illumine, and  
the Divine's generous hand lifts a fold of the veil which hides the  
infinite knowledge.

18 November 1954

\*

We feel the Divine so living in us that we await events with  
serenity, knowing that His way is everywhere since we carry it  
in our being.

24 November 1954

\*

The Divine's glory transforms defeats into eternity's victories,  
shadows have fled before His radiant brightness.

9 December 1954

### page 12

The Divine's Presence gives us peace in strength, serenity in  
action and an unchanging happiness in the midst of all  
circumstances.

13 December 1954

\*

The Divine is the sure friend who never fails, the Power, the  
Support, the Guide. The Divine is the Light which scatters  
darkness, the conqueror who assures the victory.

23 December 1954

\*

The only response that never fails is the Divine's.  
The only love that never fails is the Divine's.  
Love the Divine alone and the Divine will always be with you.

6 August 1963

\*

A single occupation, a single aim, a single joy - the Divine.

\*

Concentration upon oneself means decay and death.  
Concentration on the Divine alone brings life and growth and  
realisation.

#### Attraction for the Light

In its attraction it tries to imitate the  
stars. - The Mother

Curculigo orchioides Gaertn.,  
Hypoxidaceae.  
Star grass

# NEWS & NOTES GUIDELINES

## DEADLINE FOR SUBMISSIONS:

**TUESDAY 5PM**

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

## RA NEWS & NOTES - A QUICK GUIDE



### What We Publish

- Working group announcements and reports
- Residents' voices and personal sharings
- Free cultural events open to all residents
- Information from essential services
- Content that strengthens community-building in Auroville

### Working Groups & Foundation Office Content

- All RA Working Group announcements will be included
- Links to Foundation Office content will be provided without duplication
- Direct submissions from Foundation Office groups will be included as regular content

### What We No Longer Publish

- Commercial activities and paid workshops
- Non-community-focused events
- Content from "Activities & Events," "Food, Goods & Services," and "Classes, Workshops and Healing Arts" sections

### Exceptions

We may consider including content that falls outside these guidelines if:

- It is submitted exclusively to RA News & Notes
- It has significant community benefit
- It aligns with our service-oriented focus

### Submission Guidelines

- Deadline: **Tuesdays at 5pm**
- Email: [newsandnotes@auroville.services](mailto:newsandnotes@auroville.services)
- Content must be community-building focused:
  - Open and accessible to all community members
  - Not profit-oriented
  - Contributing to collective growth or well-being
  - Promoting Auroville's ideals and values

- For further information, please [click here](#) 😊 to view our complete FAQ document.

- For past issues or to subscribe, visit: [auroville.media/newsandnotes](http://auroville.media/newsandnotes)

*We thank you for your collaboration and understanding.*

## DISCLAIMER:

Please note that the opinions and views expressed on these pages are solely those of the respective authors or work groups and do not necessarily reflect the position of the editors or the larger Auroville community. The News & Notes aims to provide a platform for the publication of diverse perspectives and voices from multiple sources within Auroville.

While our editors strive to ensure the accuracy of the information presented, we cannot guarantee that all information is free from error or omission. Additionally, we cannot be held liable for any alleged misinformation provided or offence caused by the content published.

In the event of any dispute, we encourage readers to consult with the Auroville Council, and we reserve the right to suspend the publication of disputed material. Our commitment to providing an open and inclusive platform for dialogue and exchange of ideas remains steadfast.

*The News & Notes Team*

[newsandnotes@auroville.services](mailto:newsandnotes@auroville.services)

## LIST OF ACRONYMS:

- **AVF** (Auroville Foundation),
- **AVFO/FO** (Auroville Foundation Office),
- **GB** (Governing Board),
- **RA** (Residents' Assembly)

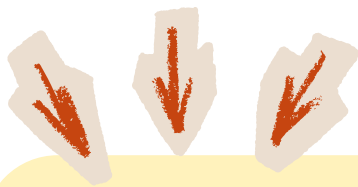
The following groups are divided in two categories: The groups selected by the Residents' Assembly through Community decision making Processes and the groups put together by the GB and the FO (*not recognised by the Residents' Assembly*).

### Working groups selected by the Residents' Assembly:

- Working Committee (RA WCom)
- Funds and Assets Management Committee (RA FAMC)
- Budget Coordination Committee (RA BCC)
- Town Development Council / L'avenir d'Auroville (RA TDC)
- Auroville Council (AVC)
- Entry Service (ES)

### GB groups:

- Working Committee (GB WC)
- Funds and Assets Management Committee (GB FAMC)
- Budget Coordination Committee (GB BCC / GB BCS)
- Auroville Town Development Council (GB ATDC)
- Housing Service (GB HS)
- Land Board (GB LB)



## NOTE FROM THE EDITORS



Dear Community,

### Here is some important information:

- If you would like to support the RA N&N, please send us an e-mail at [newsandnotes@auroville.services](mailto:newsandnotes@auroville.services).
- Content sent through [@auroville.org.in](mailto:@auroville.org.in) mail ID will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is: [newsandnotes@auroville.services](mailto:newsandnotes@auroville.services)

**Thank you for your continued support!**

In community,

*The RA Community Edition News & Notes Team*

## CONTENTS

|    |  |
|----|--|
| 01 | Rays of Light                                    |
| 02 | Guidelines / Quick Guide / Acronyms              |
| 03 | <b>Note from the Editors / Table of Contents</b> |
| 03 | <b>FROM THE RA NEWS &amp; NOTES TEAM</b>         |
| 03 | GB / FO GROUPS NEWS                              |
| 04 | <b>COMMUNITY NEWS</b>                            |
| 04 | Obituary   |
| 04 | Community Sharing                                |
| 06 | Residents Speak                                  |
| 06 | Food for Thought                                 |
| 06 | Auroville Conversations                          |
| 07 | French News & Notes                              |
| 07 | Inner Journey                                    |
| 08 | <b>ANNOUNCEMENTS</b>                             |
| 10 | Support Needed                                   |
| 11 | Looking For                                      |
| 11 | Available  |
| 12 | <b>CULTURAL ANNOUNCEMENTS</b>                    |
| 13 | At Cripa   |
| 15 | For The Bookworms                                |
| 15 | Auroville Radio                                  |
| 15 | Food   |
| 16 | Poetry   |
| 16 | Cinema   |
| 17 | Cinema Paradiso                                  |
| 18 | <b>COMMUNITY SERVICES</b>                        |
| 18 | Essential Services                               |
| 18 | Health   |
| 20 | Matrimandir Access Information                   |
| 20 | AV Public Bus / Emergency Numbers                |

## FROM THE RA NEWS & NOTES TEAM

### IMPORTANT UPDATE ON PRINT EDITION



Dear Community,

**Thank you** for your continued support over these past three years. The RA News & Notes was born from a need to provide residents and their duly-appointed representatives a space to express themselves beyond arbitrary censorship. We are proud to have sustained this work and intend to continue as long as it remains necessary and meaningful.

However, we now face a challenge. Due to some constraints, **we may not be able to continue printing the RA News & Notes from January 2026 onwards.**

If you currently receive a print copy and are concerned about this possible discontinuation, please reach out to us at [newsandnotes@auroville.services](mailto:newsandnotes@auroville.services).

If you would like to support our work, we welcome you to contact us at the same address.

The online version will keep being published. You can find all issues here: [www.auroville.media/newsandnotes](http://www.auroville.media/newsandnotes)

At the service of the community,  
*The RA News & Notes team*



### FO GROUPS NEWS

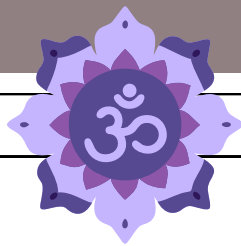
(not selected by due Residents' Assembly process)

#### FROM THE FO N&N 1109

Please click [HERE](#) to read the FO groups' news



## OBITUARY



### IN REMEMBRANCE OF RICARDO MARTINEZ



In remembrance of Ricardo Martinez who left his body on 26<sup>th</sup> of July 2025 in France, there will be a ceremony on Sunday 21<sup>st</sup> of December 3:30 pm at the Auroville Burial Ground in Adventure.

Emmanuel, Ricardo's son will be present, as well as Caroline, Ricardo's partner, and her son Noé.

Help with flower arrangement is most welcome from 2 pm.

### ALEXANDRE PASSES AWAY



This is to inform the community that Alexandre Mangano passed away in Mahalakshmi home Friday 12<sup>th</sup> December 2025.

Alex was born in France as a French national, from parents of Italian origin.

About his family history, Alex wrote: "My great-great-grandfather was prime minister of the first Italian government, my midwife grandmother, was a fighter on the battlefields of the First World War, in the Garibaldina Brigade, alongside her father of her Medical general of the same Brigade. My grandfather, Captain Orthopedic Doctor, fell on the battlefield of Massawa. My naval officer father, on 8 September 1943, when the armistice was proclaimed, entered as a fighter in the Caduri Partisan Brigade, of which he was the only survivor of the shooting of his comrades."

In his working life before Auroville, he was an orthopedist in several African countries, specializing in prosthetics for adults and children, and he ended his career as brand manager of the largest Italian orthopedic institute. After his retirement, he attended a three-year academy of Naturopathy, with a focus on reflexology.

In 2019 Alex, in his senior years, decided to join Auroville, where he started volunteering at the Morgan café, and also at the Food Laboratory with Lorenzo, and at the Matrimandir laundry. His calling was to work with differently abled children, to practise his knowledge as an orthopedist and naturopath. Sadly a major part of his newcomer period happened to be in lockdown, he had health problems and had to move into and out of various houses, till finally he was able to settle in Invocation.

Cooking and catering was another interest of his, and for a while he worked at Avam (ex-Le Morgan). People will remember him for his great mustache and portly appearance.

This is how he put into words his aspiration to live in Auroville: "Let's say that I came to Auroville to make Mère's thought active: No words - Acts."

Alex is survived by his wife and 9 children and 17 grandchildren. The cremation took place on Sunday 14<sup>th</sup> December at the Auroville Burial and Cremation Ground.

## REMEMBERING ALEX



A good man, highly educated, with weaknesses but a big heart, has left us. His noble father was a police chief of the Italian partisans. This is what we had in common: noble ancestry dedicated to the Cause.

Farewell Alex. Now there is no one left here to reminisce with the glorious times of the Italian Resistance to Nazi-Fascism, our birthmark. That world is over. And with it, the Ideal.

*Paulette*

## COMMUNITY SHARING

### 🌱 [NEW PETITION] PETITION IN SUPPORT OF THE AUROVILLE YOUTH CENTRE 🌱

[IMPORTANT: SHIFT OF THE PETITION SITE]

The authors of the Youth Centre petition have decided to move the petition to the Change.org platform in an attempt to reach a wider audience.

Please sign (or re-sign) the petition using the link below:

<https://c.org/YwknWYBCGP>

We apologise for any confusion this may have caused.

In solidarity,

*Supporters of the Auroville Youth Centre*

For extra information, please watch this video:

<https://www.youtube.com/watch?v=rtroLi-MQbg>

and see the letter they received from the so called FAMC:

**Dear Deep and Dingbawi,**

This email is in follow-up to the meeting held with both of you, the Auroville Working Groups, and the Auroville Foundation on 9 December 2025 at the AVF Meeting Room.

The following points were **collectively decided** to take things forward:

- 1. Vacating the Ex-Youth Centre:**  
Deep and Dingbawi vacate the Ex-Youth Centre huts by **Monday, 15 December 2025**, and regularise themselves in the Register Of Resident (RoR). The Ex-Youth Centre must be closed and handed over to ATDC by **15 December 2025**.
- 2. Inventory and Assets:**  
FAMC and ATDC will take possession of the site and carry out a full inventory of all assets at the Ex-Youth Centre. All structural items that will be salvaged and dismantled must be documented. The Working Committee, FAMC, ATDC and ASES will assist in carrying out this task.

### 3. Accommodation and Work Integration:

Once Deep and Dingbawi register in the RoR, Margarita and Arun are ready to support them in securing accommodation and aligning them with suitable work opportunities within Auroville.

### 4. Closure of Social Media:

All Ex-Youth Centre social media pages must be closed.

### 5. News & Notes:

News & Notes would be informed **not** to publish any announcements from the Ex-Youth Centre.

### 6. Site Closure and Activities:

The Ex-Youth Centre has been officially closed by the FAMC for the past two years, and no activities are permitted at the site. All youth-related activities should be facilitated through Youth-Link. Materials currently at the Ex-Youth Centre may be handed over to Youth-Link and the Vocational Training Centre.

### 7. Previous Requests from ATDC:

ATDC has repeatedly requested that activities at the Ex-Youth Centre be shifted to the new Vocational Training site, but no steps were taken toward this earlier.

Best regards,  
Working Committee: FAMC and ATDC

## RESPONSE TO THE STATEMENT CIRCULATED REGARDING THE YOUTH CENTRE



Dear Arun, Selvaraj, Anu, Chandresh, Partha, Margarita, Sindhuja, Jaya and Joseba,

We are compelled to respond to the statement circulated on the 14<sup>th</sup> of December by the Working Groups appointed by the GB concerning the Youth Centre (YC), as it presents a selective and misleading narrative that does not accurately reflect either the history of the YC or the nature of the engagements that have taken place.

First, the assertion that the YC was initiated with the intent to obstruct the Master Plan is a serious allegation that is neither substantiated by documented resolutions nor reflective of the motivations of those involved. The YC emerged as a youth-oriented, community-supported initiative responding to an evident social, cultural and educational need within Auroville. Any references to a single meeting or isolated statements by individuals cannot be retroactively framed as intent, nor can they justify collective punishment or erasure of years of community contribution and appreciation.

Second, the repeated portrayal of the YC as a space of civic, safety, and moral violations relies on generalised claims, anonymous “reports”, and unverified allegations. To date, no formal charges, police cases, or substantiated findings have been presented to the YC or the community to support these claims. Conflating unproven allegations with established facts undermines principles of fairness, transparency, and restorative dialogue that Auroville has long stood for.

Regarding administrative status, it is inaccurate to suggest that the YC “chose” non-compliance. The YC has repeatedly sought clarity and pathways for regularisation over the years, often receiving inconsistent, obstructive or delayed responses. The closure of the Financial Service account and withdrawal of basic services, such as electricity, occurred without a mutually agreed outcome, while later citing that very lack as justification for closure.

The claim that YC representatives “failed to respond” over a three-year period also misrepresents the record. Multiple communications, meetings, and written submissions were made, many of which remain unanswered or unresolved. The absence of a transparent, participatory, and time-bound process has contributed significantly to the current impasse.

Most importantly, the framing of this situation as one of tolerance followed by enforcement obscures a deeper issue: the erosion of trust, due process, and community spirit over the last four years. Decisions of such magnitude impacting lives, livelihoods, and community spaces cannot be legitimised through public statements alone, especially when those directly affected have not been given a fair platform to respond or to co-create solutions, and should be brought to the whole community.

We reiterate that the YC does not deny the need for lawful, safe, and accountable functioning within Auroville. What we contest is the construction of a narrative that justifies closure through mischaracterisation and historical and ideological grievances rather than participatory resolution that includes the wider community.

We remain open to an honest, documented, and mediated process that distinguishes facts from assumptions, addresses concerns without vilification, and upholds the spirit of collective responsibility and mutual respect.

Sincerely,  
Deep and Dingbawi

## HEALTH CENTER - NEW PHONE NUMBER

Please note that Auroville Health Center has a new phone number  
**0413 291 0005**

This number will also connect you with the HC Pharmacy and on Tuesday and Thursday mornings with the Health Fund office.

## FREESTORE BOOK DROP-OFF SERVICE TO RESUME AT AUROVILLE LIBRARY



Dear Community,

We are sharing an update regarding the recent closure of the Freestore's book drop-off service.

Though it is unfortunate that this precious facility is no longer available there, we are happy to announce that the Auroville Library is preparing to offer this service.

We aim to have it up and running at the start of **January 2026**, but you are welcome to drop off books anytime before then.

Please look forward to more information in the near future.

Happy Reading! 📖

Warm Regards,  
The Auroville Library Team





## THANK YOU NOTE FROM YOUTHLINK



Dear Community,

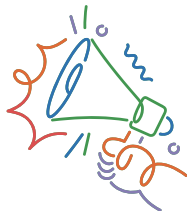
A big thank you to everyone who stepped on stage, and to the friends, families, and community members who came to cheer them on. We're truly overwhelmed with joy seeing so many of you show up, share your expressions, support one another, and hold the space together.

We're looking forward to hosting more editions of **Auroville's Got Talent**.

With gratitude,

— YouthLink Team ♥

## RESIDENTS SPEAK



### HOW IS THE SUPERMIND WORKING?

**Question:** Based on Sri Aurobindo and the Mother's revelations, how is the Supermind or the Supramental Consciousness-Force working to transform this evolutionary world of Matter that is a concentration of all the other graded subtle physical and supraphysical worlds?

**Answer:** "The Supramental Consciousness-Force, as revealed by Sri Aurobindo and The Mother, is the Truth-Consciousness that transcends the limitations of mind, life, and matter, and it is actively working to transform the evolutionary world of Matter. This transformation is a profound process that integrates the spiritual and material dimensions of existence, aiming to manifest a divine life on Earth. Here are the key aspects of this transformative action:

#### 1. The Role of the Supermind in Evolution

The Supermind is the original creative power, a supramental Consciousness-Force that is greater than mind and life. It is the dynamic principle of the Spirit, capable of transforming the inconscience of Matter into a conscious, spiritualized substance. This transformation involves making the mental being supramental, spiritualizing material substance, and establishing the law of gnostic consciousness in the evolutionary process [1 | cwsa-Vol-22] [2 | cwsa-Vol-22] .



To continue reading, please scan the QR Code to access the links or go to this blogsite and open the post with the same title:

<https://zechjoya.blogspot.com/>

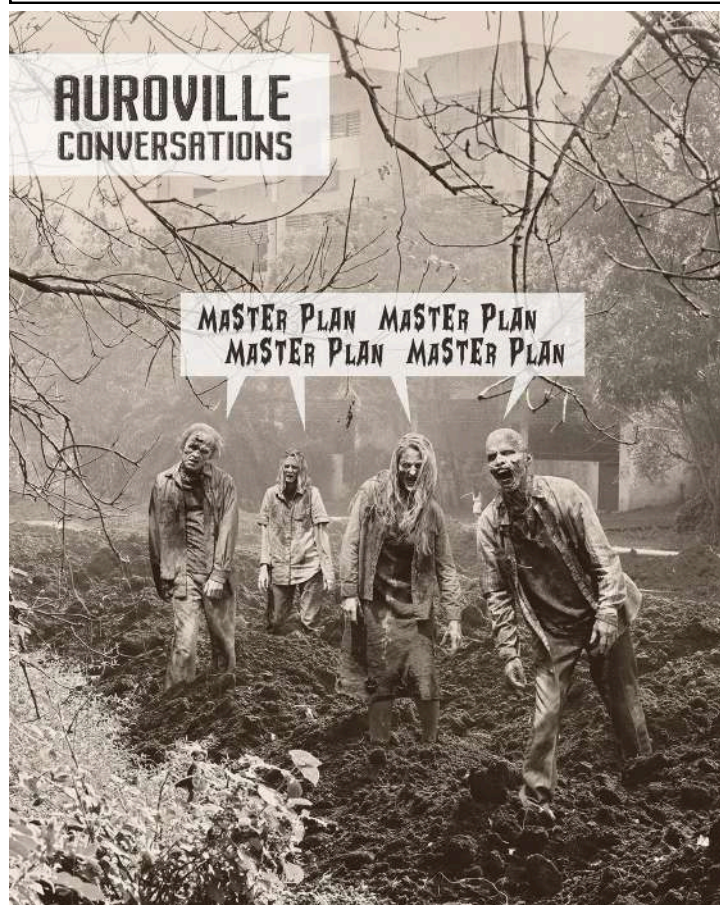
Zech

## FOOD FOR THOUGHT

### OUR FORESTS ARE DYING ♥



## AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

N&N 1104 - 18 December 2025



## FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro – Traductions

18 Décembre 2025

Click [here](#) or scan the QR code to read the French News&Notes.



## INNER JOURNEY

### INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

**Tuesday 23<sup>rd</sup> December, 9 am - 12 noon**  
**Focus: Practice – the Sunlit Path**

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodele  
Ph/Whatsapp: 94891 47202 (Please register)

All are Welcome



### SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

In this deep exploration of Savitri we will study:

1. The mantric basis of Savitri
2. The importance of iambic pentameter in epic poetry
3. The wealth of definitions in Savitri from Sri Aurobindo and Mother
4. Music and alliteration in Savitri
5. Words defined from the 'Lexicon of the Infinite Mind'
6. The Mother's Words on Savitri

**At Savitri Bhavan - Square Hall.**

All are welcome to join.

Narad

### OM CHOIR WITH NARAD

EVERY TUESDAY, 05:30 - 06:15PM

Please join us in this collective aspiration, in the form of united prayer.

No prior singing experience is required.

**At Savitri Bhavan - Square Hall**



## AMPHITHEATRE - MATRIMANDIR

MEDITATIONS AT SUNSET WITH SAVITRI

**Every TUESDAY**  
**from 5:30 to 6:00pm**

(weather permitting)



Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music are on weekly for everyone to concentrate in this beautiful open space in the very center of Auroville.

- **Reminder to all:** The Park of Unity is a place for silence, meditation, and inner work and is to be used only as such. We request everyone: please do not use cameras, tablets, cell phones, etc. No photos.
- **Guests with Aurocard** wishing to attend must book at <https://bit.ly/savitri-reading> one or two days in advance or the very day before 11am. Please bring your Aurocard with you.
- **Access by Office Gate** for the Amphitheatre only from 5:15pm. Guests are requested to bring along their Aurocards. Last entry for guests at 5:30pm. Access limited for guests to the Amphitheatre.
- **Last exit for guests** at 6:15pm.

*Velmurugan for the Access Team*

## VIBRATIONAL SOUND BATH

SOUL NURTURING MEDITATIVE EXPERIENCE WITH THE ORIGINAL RUSSIAN SINGING BELLS

*These are sounds of the Beginning  
These are sounds that cradled the worlds*

Harmonious play of rich powerful tones and strongly resonating overtones invokes a profound state of inner peace, tranquility and self-healing, bringing deep physical and psychological relaxation.

**Open Group - Everyday 3:00 - 4:30pm**

At Mirabelle Education Center, Auromodele,  
Kuyilapalayam

Led by Vera (Instagram - [Vera.Auroville](#)) and Ashesh Joshi

**Please register in advance**

Ph/WhatsApp: +91 94891 47202, +91 94862 47202

(Private sessions on request at other timings)

## HEALING PRACTICES FOR TRAUMA FROM THE PERSPECTIVE OF INTEGRAL YOGA

### WHAT IS TRAUMA?

In the light of Integral Yoga, trauma can be seen as a deep imprint left on our being by experiences that overwhelm our ability to assimilate, integrate, or respond harmoniously. More generally, trauma refers to the physical, psychological, and emotional response to deeply distressing or disturbing events that exceed a person's capacity to cope. It is the lasting impact of experiences that threaten one's safety, identity, or wellbeing, or that fall outside the range of typical human experience.

### Causes of Trauma

Life events causing trauma may be personal or collective: sudden shocks, long-term stress, abuse of power or authority, violence of any type (physical, emotional, or psychological), extreme pressure, painful relationships (personal or professional), political abuse, threats, displacement, loss of loved ones, loss of home or work, forced changes, witnessing violence, accidents, illness of oneself or others, diagnosis of a serious disease, and many other situations.



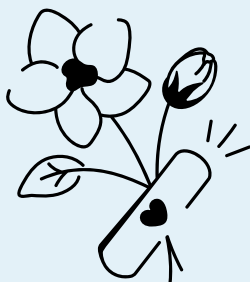
## Healing Practices for Trauma from the Perspective of Integral Yoga

There are a few ways, inspired by Integral Yoga, to approach trauma with gentleness and the Mother's presence. These are not quick fixes, but steady movements of consciousness that invite healing and transformation over time.

### #8 Bach Flower Rescue Remedy for Trauma relief

A useful aid is *Rescue Remedy* (found in homeopathic pharmacies and in Auroville pharmacy). Take 3 globules under the tongue every 20 minutes as needed until calm returns. Safe for children and animals as well.

*There will be a healing practice shared each week in the News & Notes. This series is a weekly offering by an Aurovillian therapist, to help people to engage with their personal healing.*



## ANNOUNCEMENTS

### BEFRIENDING DEATH

THURSDAY 25<sup>TH</sup> DECEMBER, LIBRARY, CREATIVITY

**Time:** 10:45am - 11:45am

**Venue:** Creativity Library, Creativity community, Auroville (not AV library)

- Open for all.
- No registration / fee required.
- Phones on airplane mode.
- No entry after 10:45am.
- Donations welcome.

Hosted by Deepa.

More about Deepa's work- life- travels

<https://tinyurl.com/v9nwba2>



### KINDERGARTEN OPEN HOUSE

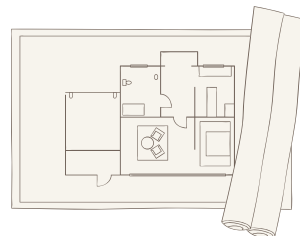
FRIDAY 19<sup>TH</sup> DECEMBER, KINDERGARTEN



The Kindergarten at Center Field invites you to an open house on

- **Friday 19<sup>th</sup> from 1:15 p.m. to 2:30 p.m.**
- **and Saturday 20<sup>th</sup> from 9:00 a.m. to 12:30 p.m.**

Come to visit all the classrooms and the Painting and the Blocks rooms where the work and photos of the children will be displayed.



## CELEBRATING 30 YEARS OF STUDIO NAQSHBANDI IN AUROVILLE

MON 15<sup>TH</sup> - SAT 20<sup>TH</sup> DECEMBER

It's been 30 years since I started practicing in Auroville as a bright-eyed, idealistic young architect, ready to begin an adventure!

And what a great privilege it has been to build and design for and in Auroville. The journey has had its ups and downs - from the joy of seeing a building take shape to often facing challenges typical to Auroville's planning processes... but mostly it has been a humbling experience, one of learning to unlearn and getting to know oneself better.

I have been thinking how to share this moment with the larger community and have the idea to have an **OPEN HOUSE of 7 different projects** created by me, from **15-20 December 2025**.

This way you can have a glimpse into the world of architects and architecture - how a concept drawn as a sketch becomes a built creation and takes a life of its own; of all the different agencies that come into play to birth a building. Our gestation period from the first sketch to starting the construction is typically about 2-4 years if we are lucky !

Following are the buildings and their locations, days and timings. We have got special permissions to show everyone around and the users (in most cases), contractors of the building and our team at Studio Naqshbandi will be present to explain, answer and have some documentation ready for you.

| 30 YEARS OF STUDIO NAQSHBANDI              |                       |             | OPEN HOUSE<br>AUROVILLE   |
|--|-----------------------|-------------|---|
| SCHEDULE                                   | 15 DECEMBER/ MONDAY   | 12:30-03:30 | <b>BUDOKAN martial arts center</b><br>Dehashakti Sports Ground                          |
|  | 16 DECEMBER/TUESDAY   | 03:30-05:30 | <b>WHITE PEACOCK ceramic Studio</b><br>Kindergarten campus (entrance opposite Nandanam) |
|  | 17 DECEMBER/WEDNESDAY | 03:30-05:30 | <b>MORNING STAR birthing center</b><br>(under construction behind Sante)                |
|  | 18 DECEMBER/THURSDAY  | 10:30-12:30 | <b>NATURELLEMENT staff unit</b><br>(Udyogam)  |
|  | 19 DECEMBER/FRIDAY    | 02:00-03:30 | <b>UTSAV second floor</b><br>Svaram atelier & Naqshbandi Apartments                     |
|  | 19 DECEMBER/FRIDAY    | 03:30-05:30 | <b>STUDIO NAQSHBANDI, Yantra</b><br>Visit our studio                                    |
|  | 20 DECEMBER/SATURDAY  | 03:30-05:30 | <b>DEEPANAM SCHOOL</b><br>Near Solar kitchen  |
| ALL ARE WELCOME. NO REGISTRATION REQUIRED. |                       |             |   |

All are most welcome. It is free. (Registration not required)

Mona (Architect, Yantra)



A platform of Aurovilles therapists for therapy, workshops, classes, and professional training.

**Regular offers**

- Natural Horsemanship & Horse Assisted Therapy : Daily 8 - 10 am, 4 - 6pm
- Sunday JIVA Breathwork : Sundays 4:30 - 8pm
- Cosmic Dance Wave Saturdays : 5 - 6:30pm.

[www.auroville-jiva.com](http://www.auroville-jiva.com) [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com)  
WA 96260 06961



**SOLITUDE FARM CAFÉ –  
20 YEARS OF LIVING FOOD CULTURE**  
FREE GUIDED FARM TOURS EVERY SATURDAY



For over 20 years, Solitude Farm Café has been a living example of local and traditional food systems in Auroville. Rooted in cultural and nutritional heritage, the café prepares food using a wide diversity of edible weeds, tubers, flowers, leaves, roots, stems, seeds and seasonal vegetables, all grown through natural, non-interventional farming practices.

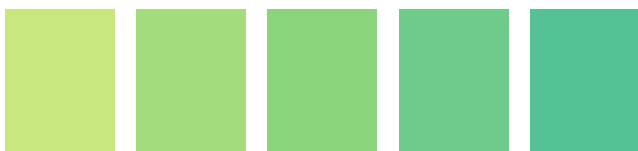
The food is deeply nutritious and full of distinctive flavour, while also addressing the ecological cost of industrial agriculture—monocropping, long food miles and heavy carbon footprints—by growing and cooking what truly belongs to this land.

Solitude serves breakfast and lunch daily, offers a daily local food thali lunch as an alternative lunch venue, and offers a Lunch Scheme for Aurovillians not on city service maintenance. A small farm shop on site sells Ayurvedic powders, jams, pickles and fresh farm produce.

**Free guided farm tours take place every Saturday at 11:30 am**, sharing the narrative of natural farming and the reclaiming of cultural nutritional heritage.

We look forward to receiving more Aurovillians at the farm.

*Team Solitude Farm Café*  
98433 19260  
[solitudepermaculture@gmail.com](mailto:solitudepermaculture@gmail.com)



**THE COLOURS OF NATURE**  
NEW POPUP/PRODUCT SALE

Looking for Christmas gifts?

100% Natural Dyes

Visit our new Popup at our Production site. All old stock at 50% and an additional 5% off for Aurovillians. Also some new stock and cheaper reject sales.  
[www.thecoloursofnature.com](http://www.thecoloursofnature.com)

**The Colours of Nature  
Production HQ**  
Next to Isai Amabalam Annex GH  
Auroshipam, Auroville, Tamil Nadu  
Contact: colnature@gmail.com

**ASHTANGA YOGA CLASSES WITH MONICA**  
MONDAY TO SATURDAY, PITANGA

**Ashtanga Yoga**  
with Monica Marinoni

KPJAYI Authorised  
Level 1 & 2 teacher

Monday - Friday  
9am – 11am (self paced)

Saturday  
9.40am – 11.10am  
(led primary series)

*NO classes on:  
Sundays,  
New & Full Moon days,  
Public holidays*

Ashtanga Yoga, practiced in its correct sequential order, gradually leads the practitioner to rediscovering his or her fullest potential on all levels of human consciousness: physical, psychological, and spiritual. Through the practice of correct breathing (Ujjayi Pranayama), postures (Asanas), and gazing point (Dristi), one gains control of the senses and a deep awareness of oneself. By maintaining this discipline with regularity and devotion, one acquires steadiness of body and mind.

Classes with prior registration only. No drop-ins.  
Booking with the teacher only:  
[marinonimonica@gmail.com](mailto:marinonimonica@gmail.com) – QR code

More information:  
[www.monica-marinoni-ashtangayoga.com](http://www.monica-marinoni-ashtangayoga.com)  
or WhatsApp +39 3917254083

Pitanga Cultural Centre, Samasti, Auroville 605 101 | [info@pitanga.in](mailto:info@pitanga.in) | 0413 - 2622403, 9443902403  
A service unit of the Auroville Foundation, Health and Healing Trust branch, GSTIN: 33AAATA0037BY3N



SRI AUROBINDO AND MOTHER'S THOUGHT IN LAST SCHOOL

**Sri Aurobindo and Mother's Thought in Last School**

Last School is happy to open its doors and welcome all those who are interested in exploring Mother and Sri Aurobindo's works.

If you are interested in being part of this initiative and collective learning exploration please register:

Whatsapp +447515377896 or email [misha@auroville.org.in](mailto:misha@auroville.org.in)

CREATIVE  
VOICE SOUND  
HEALING  
EVERY  
THURSDAY,  
HALL OF LIGHT,  
CREATIVITY

**HALL OF LIGHT  
CREATIVITY COMMUNITY  
AUROVILLE**

**CREATIVE VOICE  
SOUND HEALING**

EVERY THURSDAY  
FROM 5 TO 6,30 PM

Experience vocal techniques, breathing, toning, singing, dancing, etc

To promote relaxation, self discovery, emotional release, free expression and happiness. We discover our heart voice through singing. Exploring our different voices and small instruments.

NO EXPERIENCE NEEDED  
NO REGISTRATION  
AUROVILIANS AND NEWCOMER FREE  
CONTRIBUTION  
300 Rs FOR GUEST

CONTACT: [lola 9443069335](tel:9443069335).

HIVE COWORKING SPACE  
OPEN HOUSE EVERY FRIDAY, AUROMODE



**NEED A PLACE TO WORK?**

OPEN HOUSE

**Hive**  
COWORKING SPACE

**FREE ON EVERY FRIDAY**

More Info : [+91 90 42 75 95 40](tel:+919042759540) | [www.auromode.in](http://www.auromode.in)

Are you looking to work, study, create or simply connect with like-minded professionals in a serene place? Step into Hive and experience the Cosy workspace with super-fast Internet, Coffee -

-All for FREE on our Open House.

- Venue: Hive, Auromode
- Time: 9 am - 7 pm
- Visit us at [www.auromode.in/hive-coworking](http://www.auromode.in/hive-coworking) for more details on our plans and facilities.
- For inquiries: [auromodehive@auroville.org.in](mailto:auromodehive@auroville.org.in) / +91 90427 59540 (WA) / +91 70921 97375 (WA) or drop by.

All are Welcome!!!

FREE AI MASTERCLASS FOR ALL  
EVERY SATURDAY, HIVE, AUROMODE

**AI CLASSES ARE BACK!**  
Restarting with fresh energy

**FREE**

**AI CLASSES**

- Prompt Engineering
- Generative AI (GenAI)
- AI Development,
- Data Science

Every Saturday: 10am to 11am  
Location: Hive, Auroville

Registration: RSVP to [+91 9886740850](tel:+919886740850)  
Join us on this journey once again

Hive  
COWORKING SPACE


Are you looking to transform your future and career with AI? Come Join our **Free AI Masterclass** at Hive Coworking Space facilitated by S M Pandi Subramanian, founder of Enthiram.AI, with over 20 years of pioneering work in AI innovation and solutions.

Open for all, no prior experience needed.

Contact: [+91 98867 40850](tel:+919886740850) / [auromodehive@auroville.org.in](mailto:auromodehive@auroville.org.in)

SUPPORT NEEDED

APPEAL TO SUPPORT THE MULTIMEDIA CENTRE AUDITORIUM - CINEMA PARADISO



**Be Part of The Story: Support**  
Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

Community cinemas worldwide thrive on support from their audiences. At Cinema Paradiso, our core funding now covers only basic maintenance. We handle everything else ourselves, from fuel to upgrades. Since COVID, operational budgets dried up, costs rose, and fewer events mean less income. Generator expenses once covered outside the budget now fall on us.

To cover ongoing expenses, we set a goal of 8 Auroville units. Three units already contribute ₹3,000/month each, and we are grateful for their support. We now invite 5 more units to join them. Individuals and film lovers are also welcome to contribute as well. Every bit of support helps.

Indian nationals and unit holders in Auroville (from any nation) can donate by setting up recurring or one-time contributions via the Unity Fund at our Financial Service. This ensures your support goes straight to MMC – Cinema Paradiso (FS Account #105106). Direct payments to our FS Account are not considered donations and will incur 18% GST for us. However, if that works better for you, please go ahead. Non-Indian nationals (from within Auroville or elsewhere) are welcome to contribute by contacting AV Unity Fund at Financial Service for guidance.

Your contribution helps keep screenings alive and strengthens community spirit. Be part of the story.

Thanking you  
MMC-CP Team



## ★ HERE'S TO A NEW CHAPTER! ★

### AUROVILLE LIBRARY - AVI USA MATCHING CAMPAIGN



Our friends at [Auroville International USA \(AVI USA\)](#) are hosting a special donation matching campaign all through December, which means every donation made to the Auroville Library this month will be **doubled!**

This is a great opportunity to help us continue evolving as a quiet haven for curious minds and shared stories.

With your support, we hope to:

- do much needed building maintenance - new lights, sunshades, painting and leaky roof repairs
- make another step towards expanding the children's reading room - a nurtured dream
- grow our book collection - the wish list is many pages long
- add more guest workstations and better screens.

Your generosity, in any amount, keeps the library vibrant - a place for reading, reflection, concentration, and connection; a welcoming space for inquisitive minds of all ages.



With about 15 days left in the month, this is a wonderful moment to join in if you've been thinking of contributing.



For AVI USA  
Donations

For Indian  
Donations



Thank you for being part of our community.

The Auroville Library team  
(Kathrin, Amy, Ayesha, Devna, Doris, Kalaivani, Vani, Ramani and Vennila)



## LOOKING FOR

### LOST KEYS

I lost on the road of large door key plus three smaller lock keys.

If found pl contact

Frederick

94864 75457



## STOLEN MOTORBIKE



Hero Passion X Pro, Grey color, Registration No. PY 01 CM 0556.

Stolen from Realization community garage, Auroville.

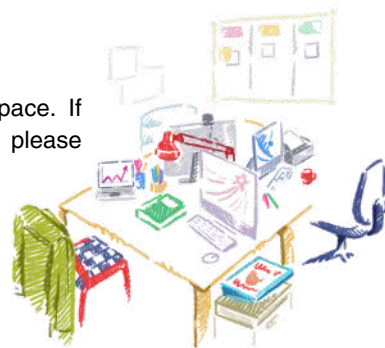
Reward for information leading to recovery.

## OFFICE SPACE

I am looking for an office space. If you have a room I can use, please let me know.

Krishna D

98841 20010



## TRANSLATORS AND PROOFREADERS

Looking for translators and proofreaders for questions (written in English) on conscious dying.

- **Proofreaders** needed for:

Gujarati, Kashmiri, Kannada, Bengali, Marathi, Sindhi, Tamil, Portuguese, Turkish, Japanese, Spanish, Chinese, English.

- **Translators** needed for

Indian / foreign languages not mentioned above.

- No prior experience required. Just enthusiasm and interest in this topic

Regards, Deepa,

[stigmatad@gmail.com](mailto:stigmatad@gmail.com)

More about Deepa's work- life- travels

- <https://tinyurl.com/v9nwba2>



## AVAILABLE

### BIG WOOLLEN CARPET





approx, measures 3'40 by 2'40.

Joan, [joan@auroville.org.in](mailto:joan@auroville.org.in)

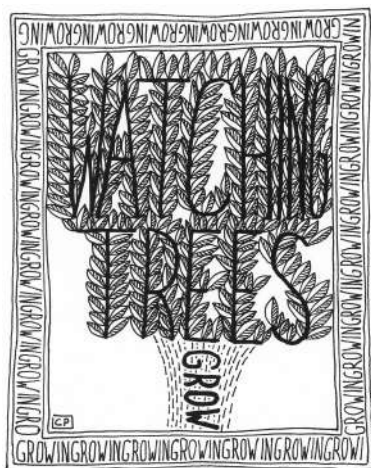
## CULTURAL ANNOUNCEMENTS

### EXHIBITION AT THE AUROVILLE LIBRARY BY CLAUDINE



### WATCHING TREES GROW EXHIBITION

OPENING SAT 20<sup>TH</sup> DECEMBER, AUROVILLE LIBRARY



#### WATCHING TREES GROW EXHIBITION

AT THE AUROVILLE LIBRARY

13 BLACK & WHITE TREE DRAWINGS  
INSPIRED BY MADHUBANI  
AND THE AUROVILLE FORESTS

OPENING: SATURDAY, DECEMBER 20

6.30 PM

ON DISPLAY UNTIL JANUARY 17, 2026

CHRISTOPH

13 black and white tree drawings inspired by Madhubani and the Auroville forests.

**OPENING: SATURDAY 20<sup>th</sup> DECEMBER, 6:30pm**

On display until 17<sup>th</sup> JANUARY 2026.

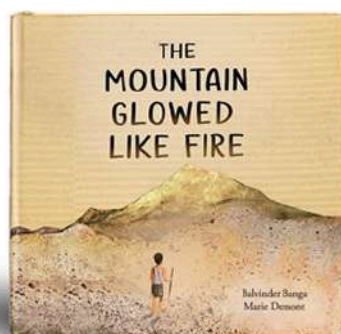
Christoph

### THE MOUNTAIN GLOWED LIKE FIRE - EXHIBITION

AUROVILLE LIBRARY

#### THE MOUNTAIN GLOWED LIKE FIRE

Balvinder Banga - Marie Demont



#### Mornings:

- Mon - Sat: 9am - 12:30pm

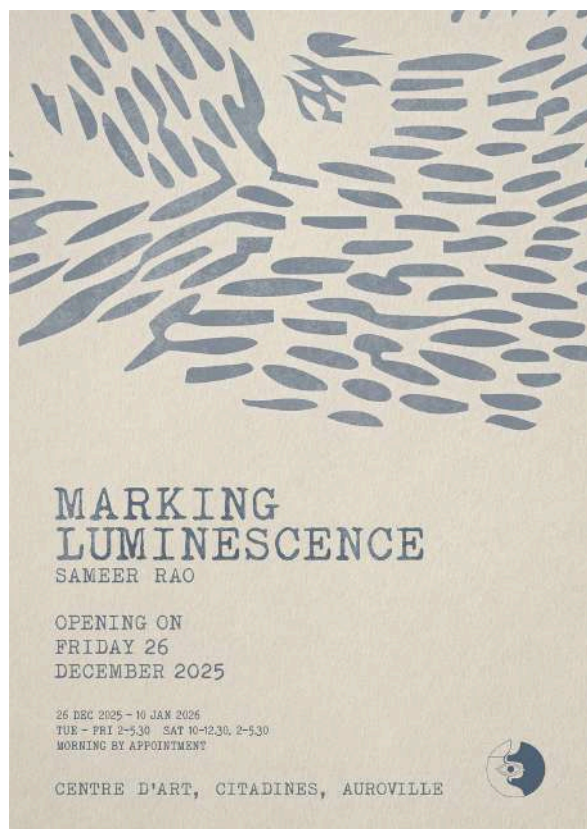
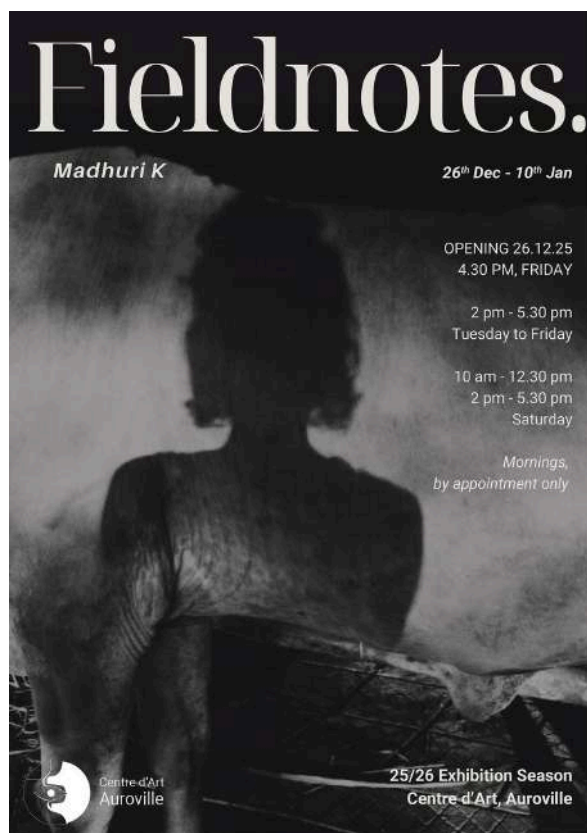
#### Afternoons:

- Mon, Wed, Thurs, Fri & Sat: 2pm - 4:30pm
- Tues: 4pm - 6:30pm

### DOUBLE EXHIBITION :

- **FIELDNOTES BY MADHURI K.**
- **MARKING LUMINESCENCE BY SAMEER RAO**

OPENING ON 26<sup>TH</sup> DECEMBER, CENTRE D'ART



Opening on **Friday 26<sup>th</sup> December at 4:30pm**

From 26 December to 10 January

**FIELDNOTES** by Madhuri K.

**MARKING LUMINESCENCE** by Sameer Rao

Although they work with different media, the two artists reveal many affinities. Madhuri's photographs and Sameer's wooden cuts draw their inspiration from an imagination shaped by images of nature, reinterpreted through the lens of emotion and inner experience.

N&N 1104 - 18 December 2025



Their artistic practice seeks to reclaim space in order to create memories within a geography close to abstraction. They favor refined techniques, such as silver photographic paper prints for Madhuri, and wooden cuts prints on handmade paper, cotton, and silk for Sameer.

Tue to Fri : 2 - 5:30,  
Sat : 10 - 12:30 / 2 - 5:30  
Morning by appointment

## AT CRIPA

### ★CHRISTMAS CONCERT INVITATION★




SATURDAY 20<sup>TH</sup> DECEMBER



Join us for a joyful Christmas Concert. We've prepared a beautiful program of songs, filled with love and joy, just for you. May this Christmas bring laughter, peace, and cherished memories that warm your heart forever.

Arrive at 7:30pm to enjoy delicious pizza and wraps from Vishnu of Off Grid Bakery before the concert begins.

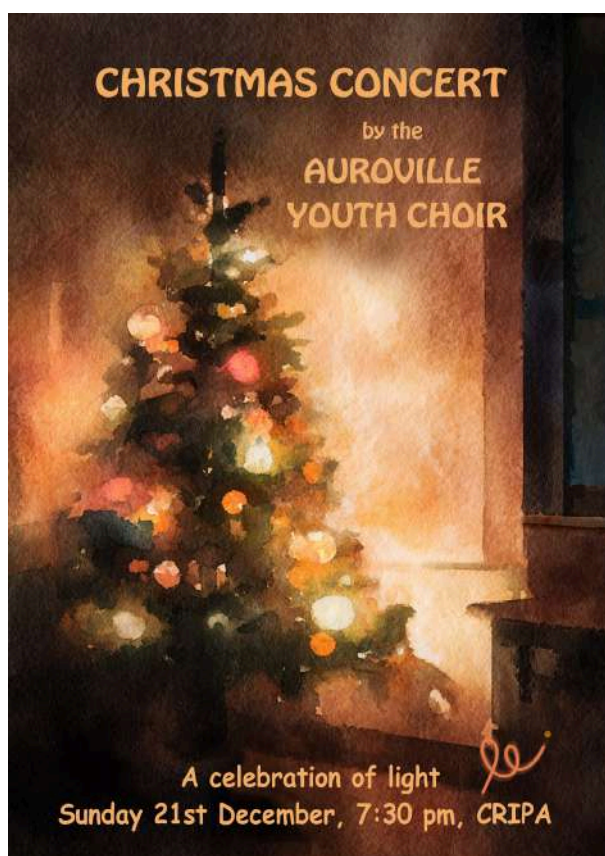
With love,  
Shakti · Ludmi · Valerie · Ronny · Henrik · Sam · Simon · Lorenzo

 : Saturday 20<sup>th</sup> December  
 : 8:00pm  
 : Cripa, Auroville



## CHRISTMAS CONCERT BY THE AUROVILLE YOUTH CHOIR




SUNDAY 21<sup>ST</sup> DECEMBER



Thank you for joining us in this celebration of Light through Music.

We will present carols, folk melodies, and choral treasures from England, Germany, France, America and beyond. Through these songs, we hope to share not only melodies, but also the warmth, joy and stillness of this special season.

The Auroville Youth Choir - forty dedicated young singers - will be accompanied by Carel on piano and conducted by Núria.

 : Sunday 21<sup>st</sup> December  
 : 7:30pm  
 : Cripa, Auroville

### ★CHRISTMAS ANNUAL EVENT★




MONDAY 22<sup>ND</sup> DECEMBER

For Children and Adults

Come join us for an evening filled with joy, singing, and dancing! Bring your family and friends to celebrate the magic of Christmas together.

- Enjoy heartwarming performances
- Dance to festive tunes
- Meet Santa Claus – he's waiting just for YOU!

Let's make this Christmas unforgettable with laughter, music, and cheer.

 : Monday 22<sup>nd</sup> December  
 : 4:30pm  
 : Cripa, Auroville

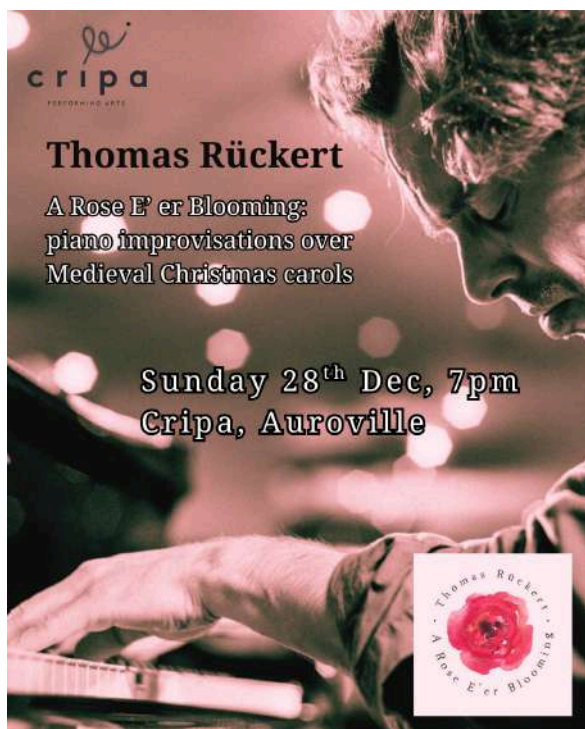






## PRESENTING: A ROSE E'ER BLOOMING BY THOMAS RÜCKERT

SUNDAY 28<sup>TH</sup> DECEMBER



A Rose E'er Blooming is a musical embodiment of prayer. It serves the spirit of medieval sacred German melodies and lyrics with the freedom of improvisation and a well-balanced variety of piano and composing techniques.

Thomas Rückert combines the original melodies with musical structures from different genres. In this performance you'll find aspects of jazz, gospel, folk, classical western contrapunt and even Indian and African traditional music.

They blend sweetly with the historic German muse spirit in service of the sacred.

: Sunday 28<sup>th</sup> December

: 7pm

: Cripa, Auroville

## THE VANAVER CARAVAN AND STRAWBERRY HILL FIDDLERS

SATURDAY 3<sup>RD</sup> JANUARY



The Vanaver Caravan and Strawberry Hill Fiddlers are New York-based nonprofit organizations using live music and dance to promote peace, shared humanity, and youth transformation.

Their performance weaves together music and movement from traditions spanning the Southern Appalachian Mountains to North India.

The second half of the program invites the audience to participate in group dances, celebrating global traditions such as American Square Dance, Italian Tarantella, Irish Ceilidh, Greek Hora, and more.

: Saturday 3<sup>rd</sup> January

: 5pm

: Cripa, Auroville





## FOR THE BOOKWORMS

### AUROVILLE LIBRARY

#### New Arrivals!

Dear Friends,

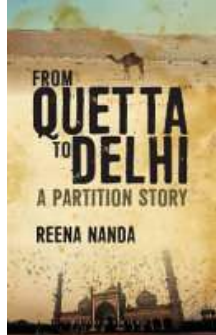
The Auroville Library invites you to come check out our **latest arrivals**.

In addition to books in English, French, Italian and German (see some examples below), we are happy to introduce **new works** from **fellow Aurovilians**, **Mother**, **Sri Aurobindo**, and **disciples**.



**NEW!**

**Gaëlle Bélem**  
Un monstre est là,  
derrière la porte



And we didn't forget the children! There are plenty of fresh reads in the kids' room as well.

The Library also offers an assortment of **jigsaw puzzles** for borrowing. It's a wonderful way to while away wet, windy weekends.

**Come visit us!**



### TIBETAN PAVILION LIBRARY

Dear all,

We have vast collection of books on **Tibetan history, Buddhism, medicine, environment and etc**, and also a section of books on **India, China, Bhutan and spiritual books on Sri Aurobindo and the Mother**.



Our opening hours are:

- Monday, Tuesday Wednesday mornings
- Open from 09:00am to 12:30pm.

All reader's are invited.

We will be closed on the national holidays.

We look forward of seeing you in Tibetan pavilion,

*Submitted by Kalsang*

On behalf of Pavilion Of Tibetan Culture International zone

## AUROVILLE RADIO



Dear Aurovilians,

Your favourite radio is always working for you. Stay tuned!

#### Last published podcasts:

- [Marlenka's weekly Offering – Ep.161](#) (Literature)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari- Book 1, C16: "The Supreme Truth-Consciousness"](#) (Sri Aurobindo)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.519](#) (Integral Yoga)

#### Latest Youtube Videos

- [Pause | Art Exhibition at Maji, Maroma | Auroville](#)
- [Savitri Ep10 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi](#)
- [Sri Aurobindo's The Life Divine read by Deepti Tewari | Book 1 - Chapter 5](#)

#### Sunday Stream - Join Us Live

- [CHRISTMAS CONCERT by Auroville Youth Choir | Live from Cripa](#)

....and more! on [www.aurovillerradiotv.org](http://www.aurovillerradiotv.org).

For more information write to [radio@auroville.org.in](mailto:radio@auroville.org.in)

Peace and love

Regards,

Sai Priya for Auroville RadioTV

## FOOD

### FOOD FOREST TOUR & SUNDAY BRUNCH

EVERY SUNDAY, LA FERME COMMUNITY



### FOOD FOREST TOUR & SUNDAY BRUNCH

Living Foods & Vegan Ice Cream Making

**Every Sunday, 9-11 AM**

La Ferme Community  
(5 min from AV Bakery)

WhatsApp Sarah: 9047421044

[www.myfoodforest.in](http://www.myfoodforest.in)





CHRISTMAS EVE BUFFET AT THE RIGHT PATH CAFÉ (CAFETERIA)

WEDNESDAY 24<sup>TH</sup> DECEMBER, VISITORS CENTRE

JOIN US FOR A

# Christmas Eve BUFFET

THE RIGHT PATH CAFÉ  
VISITORS CENTRE CAFETERIA, AUROVILLE

VEGAN

NON-VEGETARIAN

CAKES



VEGETARIAN

ORGANIC FOOD

Aurovilians, Newcomers, Volunteers

Guests

Children below 12 years

630/-

900/-

20% OFF

DECEMBER 24 7-10 PM

For bookings: +91 9043004919, [cafeteriavc@auroville.org.in](mailto:cafeteriavc@auroville.org.in)

Celebrate the joy of Christmas at the Right Path Café with a hearty buffet and a warm evening of togetherness with family and friends. Enjoy a wide selection of Christmas-inspired, organic appetizers and main dishes, including vegetarian, non-vegetarian, and vegan options, accompanied by delicious cakes.

Pre-booking is encouraged to help avoid food wastage. Limited walk-ins can be accommodated on the day of the event.

\*Pricing\*

- Aurovilians, Newcomers, and Volunteers with card: Rs 630
- Guests: Rs 900
- Children below 12 years: 20% discount

Wednesday 24<sup>th</sup> December | 7:00–10:00 pm

We look forward to welcoming you,  
The Right Path Café Team

Contact: [cafeteriavc@auroville.org.in](mailto:cafeteriavc@auroville.org.in)  
+91 90430 04919

POETRY

Not for or against  
Not static neutral  
Not roles at play  
Not forces applied

No sure and secure ground  
To stand on

The soul and spirit  
Lure and urge us on  
Till we recognise and realise  
What smiles on  
Behind the veils

Anandi Z

The Eternal Banyan

Beneath the sky's vast gaze,  
a seed once fell into the earth's open palm.  
A tiny promise, wrapped in silence, waiting.  
And then—life stirred.

A slender shoot rose from darkness,  
drinking deep from unseen rivers.  
Roots reached downward, seeking  
the whisper of ancient stones,  
While branches stretched skyward,  
weaving a song of light.

But the banyan is never one.  
Its roots, like wandering pilgrims,  
descend again to the soil,  
Rising anew, as if each moment were a beginning.  
What was once a single stem becomes many,  
A great forest born from its own embrace.

So too are we—  
Branches of time, roots of memory,  
Entangled in the vastness of being.

The banyan stands at the confluence of earth and sky,  
where the seen and the unseen intertwine.  
As rivers carve the land, as galaxies unfurl in the womb of space,  
so does this tree weave its silent hymn of becoming.

What is a seed is also the flower.  
What is the root is also the branch.  
And the soil—  
the dark, waiting soil—  
is the grand womb of creation itself.

And so, like the banyan,  
we grow, we return, we rise again—  
Forever intermingling, forever becoming.

Here, beneath the banyan canopy,  
We remember:  
Nothing stands alone.  
The river and the rain,  
the earth and the stars,  
the body and the spirit —  
The Milky Way and the Milky Ocean  
All are woven into an endless dance.

Sehdev Kumar

CINEMA



### Cinema Paradiso Presents

On Thursday, 25 December 2025 @ 8pm @ MMC Auditorium, Auroville

Maurizio Benazzo & Zaya Benazzo's

## The eternal song

Ancestral Wisdom for Collective Healing

### The Eternal Song

USA, 2025, Dir. Maurizio Benazzo & Zaya Benazzo, a Science and Nonduality (SAND) film, Documentary, 87mins, English w/ English subtitles, Rated: NR

Across timeless landscapes, elder Aponi and healer Tahu share stories of resistance, remembrance, and renewal. As the scars of colonization surface, their voices echo the rhythms of nature, guiding us toward healing through ancestral wisdom. The title refers to the unbroken rhythm of ancestral memory and nature's wisdom. Winner of awards for its aesthetics, spiritual and cultural depth, this cinematic journey invites viewers to rediscover belonging in the sacred dance of interconnection.

We are grateful to Science and Non-Duality (SAND) for this generous sharing.  
This is our offering to the community, wishing you well in this festive and reflective season!

# Cinema Paradiso

## Multimedia Center (MMC) Auditorium

### Film program: 22<sup>nd</sup> - 28<sup>th</sup> December 2025



**Cinema Paradiso programs at the MMC is open to the community. Entry begins 15 minutes before showtime and closes after the film starts—please arrive on time. Kindly refrain from running in front of the screen or using mobile phones when lights are off. Food and beverages are not permitted inside the hall.**

#### INDIAN - MONDAY 22 DECEMBER, 8:00 PM:

##### • DO AUR DO PYAAR (TWO PLUS TWO EQUALS LOVE)

India, 2024, Dir Shirsha Guha Thakurta w/ Vidya Balan, Pratik Gandhi, Ileana D'Cruz, and others, Comedy-Drama, 140mins, Hindi w/ English subtitles, Rated: U/A (R)

In this award-winning film, Kavya and Ani, weary of their twelve year marriage, find solace in Vikram and Nora. Just as they prepare to part ways, a trip rekindles old sparks. Torn between passion and loyalty, they must decide if love deserves a second chance—or if betrayal seals their fate forever.

#### POTPOURRI - TUESDAY 23 DECEMBER, 8:00 PM:

##### • DONG FU REN (THE ARCH)

Hong-Kong, 1968, Dir. Shu Shuen Tong w/ Lisa Lu, Roy Chiao, Hilda Chow Hsuan, and others, Drama, 94mins, Mandarin w/ English subtitles, Rated: NR (PG)

In this acclaimed classic, Madame Tung, a revered widow in 17th century China, faces a secret longing for Captain Yang. Torn between passion and duty, she sacrifices her happiness for her daughter Wei-Ling, while society immortalizes her virtue with a grand arch—masking the silent ache of a love she cannot claim.

#### SELECTION - WEDNESDAY 24 DECEMBER, 8:00 PM:

##### • CRIMEN FERPECTO (FERPECT CRIME)

Spain-Italy, 2004, Writer-Director. Álex de la Iglesia w/ Guillermo Toledo, Mónica Cervera, Enrique Villén, and others, Satire Thriller, 105mins, Spanish w/ English subtitles, Rated: NR

Rafael, the charming star of a Madrid department store, dreams of success and seduction. When his rival Don Antonio dies in a heated clash, Lourdes, the overlooked clerk, aids his cover-up. But her demands trap Rafael into a twisted game where ambition, desire, and blackmail collide with darkly comic consequences. *Perfection comes at a deadly cost.*

#### INTERESTING - THURSDAY 25 DECEMBER, 8:00 PM:

##### • THE ETERNAL SONG

USA, 2025, Dir. Maurizio Benazzo & Zaya Benazzo, a Science and Nonduality (SAND) film, Documentary, 87mins, English w/ English subtitles, Rated: NR

Across timeless landscapes, elder Aponi and healer Tahu share profound stories of resistance, remembrance, and renewal. Their voices echo into nature's eternal rhythms, guiding healing through ancestral wisdom. The title reflects the unbroken rhythm of memory and nature. Winner of awards for aesthetics and cultural depth, this cinematic journey invites rediscovery of belonging. We sincerely thank SAND for this generous sharing—our heartfelt offering to the community in this festive, reflective season.



*As the year ends, we invite your generous support to help sustain and grow this community space. EVERY CONTRIBUTION COUNTS!*

#### INTERNATIONAL FILM - SATURDAY 27 DECEMBER, 8:00 PM:

##### • NOME (NAME)

Guinea-Bissau-France-Portugal-Angola, 2024, Dir. Sana Na N'Hada w/ Marcelino António Ingira, Binete Undonque, Marta Dabo, and others, War-Drama, 112mins, Portuguese w/ English subtitles, Rated: NR (PG-13)

*This film is being brought to you in collaboration with Alliance Française.* In this history-based film, Nome leaves his village in Guinea-Bissau to fight alongside guerrillas against Portuguese colonial rule. Years later, he returns hailed as a hero, but joy fades into bitterness as he confronts betrayal, sacrifice, and the uneasy legacy of independence. His journey reveals the fragile line between liberation and disillusionment.

#### CHILDREN'S MATINEE - SUNDAY, 28 DECEMBER, 4:00 PM:

##### • ASTÉRIX & OBÉLIX: MISSION CLÉOPÂTRE (ASTERIX & OBELIX: MISSION CLEOPATRA)

France-Germany-Belgium, 2002, Writer-Director. Alain Chabat w/ Gérard Depardieu, Christian Clavier, Jamel Debbouze, and others, Adventure, 107mins, French w/ English subtitles, Rated: PG

*This film is being brought to you in collaboration with Alliance Française.* Cleopatra bets Julius Caesar, she can build a grand palace in record time. Architect Numérobis enlists Asterix and Obelix to defy sabotage and Roman schemes, turning the challenge into a dazzling adventure of wit, strength, and friendship. *Rescheduled after an earlier technical glitch.*

#### CLASSIC WORLD CINEMA @ CINÉ-CLUB

##### CINÉ-CLUB SUNDAY 28 DECEMBER, 8:00 PM:

##### • BLUE JASMINE

USA, 2013, Dir. Woody Allen w/ Cate Blanchett, Alec Baldwin, and Others, Comedy-Drama, 98mins, English w/ English subtitles, Rated: PG.

Jasmine from New York who lives in a fashionable society, moves to San Francisco to live with her sister after she goes completely broke and hovers near a nervous breakdown. She wants to put aside all those haunted memories and wants to start a new life just from scratch, but in doing so she chooses the path of deceit and fouls up everyone's lives.

**Rating codes** we often use are from Motion Picture Association of America (MPAA): G= General Audiences, PG= Parental guidance suggested, PG-13= Parents strongly cautioned, R= Restricted (equivalent to Indian rating: A i.e., for Adults), NR= Film Not Rated, Rating awaited.

**To organize a seminar/program at MMC Auditorium, kindly email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in).**

**Support MMC-CP: Every Contribution Counts:** Like cultural spaces worldwide, MMC-CP relies on local financial support to thrive. If you value the films and programming we offer, consider a one-time or recurring donation via the Unity Fund to Account #105106.

*If you have an innovative fundraising idea and are willing to take it forward, we'd love to hear from you. Email and share your proposal and let us know how you'd like to be involved.*

Thanking You,  
MMC/CP Group  
Account# 105106 | Email: [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)



## ESSENTIAL SERVICES

### AUROVILLE'S FINANCIAL SERVICES (AVFS)

- **Timings:** Monday to Saturday, 9am - 12:30pm, and 3pm - 4:30pm
- **Phone:** 0413 2622171
- **Email:** [financialservice@auroville.org.in](mailto:financialservice@auroville.org.in)

### ELECTRICAL SERVICE (AVES)

- **Timings:** Monday to Saturday, 8am - 4:30pm
- **Phone:** 0413 2622132 / 94888 68747 for fault works, repair works and job works  
0413 2622264 for clarifications reg. electricity bills, job and repair works bills
- **Email:** [aves@auroville.org.in](mailto:aves@auroville.org.in)

### GAS BOTTLE SERVICE

- **Timings:** Monday to Saturday, 9am - 1pm and 2pm - 4pm
- **Phone:** 0413 2622452
- **Email:** [avgasservice@auroville.org.in](mailto:avgasservice@auroville.org.in)

### WATER SERVICE

- Monitors water lines and supply within AV, undertakes water-related jobs.
- **Timings:** Monday to Saturday, 8am - 12pm and 2pm - 4:30pm
- **Phone:** 0413 2622877, 89035 53246
- **Email:** [avwaterservice@auroville.org.in](mailto:avwaterservice@auroville.org.in)

### ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

- **Timings:** Monday to Saturday, 8:30am - 12:30pm, and 1:30pm - 4:30pm
- **Phone:** 63796 69034
- **Email:** [ecoservice@auroville.org.in](mailto:ecoservice@auroville.org.in)

### POUR TOUS DISTRIBUTION CENTRE (PTDC)

- **Timings:** Monday to Saturday, 9am - 5pm
- **Phone:** 0413 2622746 / 2622796
- **Email:** [ptdc@auroville.org.in](mailto:ptdc@auroville.org.in)

### POUR TOUS PURCHASING SERVICE (PTPS)

- **Timings:** Monday to Saturday, 8:30 am - 5pm
- **Phone:** 0413 2622152

### AUROVILLE LIBRARY

#### Timings:

#### Mornings:

- Monday to Saturday : 9am - 12:30pm

#### Afternoons:

- Mon, Wed, Thurs, Fri & Sat: 2pm - 4:30pm
- Tuesday : 4pm - 6:30pm

#### Children's Storytime! All ages welcome!

- Every **Saturday** between 10am - 11am.

- **Phone :** 0413 2622 894

- **Email:** [avlib@auroville.org.in](mailto:avlib@auroville.org.in)

- **Website:** <http://library.auroville.org.in/>



“

*The World is my country,  
all mankind are my  
brethren, and to do good is  
my religion.*

”

Thomas Paine

## HEALTH

### SANTÉ SERVICES IN DECEMBER 2025

*sante*

#### Working Hours:

Monday - Saturday: 9:00 - 12:30pm & 2:00 - 4:30pm

#### Tests and Sample collection:

Monday - Friday: 8:30am - 12:00pm

No sample collection on Saturday

#### For emergencies, contact:

Auroville Ambulance (24/7) - Phone: **+91 94422 24680**

Government Ambulance (24/7) - Phone: **108**

#### Appointment

Please call Santé (0413) 262 2803 during working hours for an appointment.

|   |  |
|---|--|
| <b>Doctor Consultation<br/>with Dr. Joseph, Dr. Pavan</b><br>Monday to Saturday | <b>Nurse Care - Thilagam, Ezhil,<br/>Archana &amp; Sandhya:</b><br>Daily: no appointment needed  |
| <b>Ayurveda with Dr.<br/>Berengere:</b><br>Mon / Tues / Wed / Fri               | <b>Integrative Psychotherapy<br/>with Juan Andres:</b><br>Monday to Friday   |
| <b>Physiotherapy &amp; Massage<br/>with Galina:</b><br>Monday to Friday         | <b>Homeopathy with Michael:</b><br>Monday / Wednesday /<br>Saturday  |
| <b>Midwifery &amp; GYN Care<br/>with Paula:</b><br>Monday & Wednesday           | <b>Soundbed Session with<br/>Sandhya / Thilagam:</b><br>Monday to Saturday   |
| <b>Holistic Therapy with<br/>Louis Patrick:</b><br>Monday to Friday             | <b>Bio-Well Assessment<br/>(Evaluation of your well-<br/>being) with Helena – inquiry<br/>email<br/><a href="mailto:adminsante@auroville.org.in">adminsante@auroville.org.in</a></b> |

In Santé, we value our patient's confidentiality and make every effort to ensure their privacy.

**In case of cancellation or to reschedule, it is necessary to inform us in advance.**

#### Welcoming **Louis Patrick**: Holistic Balance & Energy Work

Sante is delighted to expand our offerings with the introduction of **Louis Patrick** and his unique approach to Holistic Therapy.

Louis aims to restore deep balance within the body's energy and physiological systems. His sessions integrate precise ancient modalities, such as Acupuncture, with a highly **intuitive approach to energy work**. This combination helps address the root cause of imbalances, promoting profound healing and well-being.

## HEALTH CENTER - KUILAPALAYAM

**Contact:** 0413 291 0005

### Pharmacy:

- 8:00am - 5:30pm Monday to Saturday

### Doctor Consultation:

- 8:30am - 5:00pm Monday to Friday  
(1 - 2pm Lunch Break)
- 8:30am - 1pm (Saturday)



## DENTAL CLINIC - KUILAPALAYAM

- **Timings:** Monday to Saturday, 9am - 5pm daily
- **Phone:** 0413 2622007 / 2622265
- **Email:** [aurodentalcentre@auroville.org.in](mailto:aurodentalcentre@auroville.org.in)

## AYURVEDIC RECOMMENDATIONS FOR WINTER



We are now at the peak of *Visarga Kala*, when the moon has more influence in the Northern Hemisphere and provides calming, soothing energy. The cold outside urges us to turn inwards, and this prevents the *doshas* from being over-stimulated by external factors and situations. In this "cocooning" atmosphere, *Kapha* and *Agni* contribute to protect us from the cold. Through a digestive fire (*Agni*) that becomes stronger and asks for more nourishing food and bigger portions, we are strengthening and reinforcing our immunity, nourishing well the body tissues for the year to come. The three constitutions (*prakruti*) experience their *Kapha* increasing with the adipose tissue to protect from the cold: less for *Vata* people, moderate for *Pitta* people and more for *Kapha* people.

In the energy, there's a feeling of coming back to the warmth of our inner place. If this energy is imbalanced, it may give a sense of emptiness in the heart, dullness in the mind or feeling depressed or lonely (these are *Vata* or *Kapha* imbalances).

During winter, we are going to assist the body to regenerate by keeping a strong digestive fire (*Agni*) – in the abdomen for an optimum nutrient assimilation, in the mind for clarity and in the heart for joy and kindness.

### GENERAL GUIDELINES IN THE FOOD:

"The dishes that can be consumed during this season are meat soup topped with ghee, meat of healthy animals, beverages prepared with molasses and rice flour, pastries prepared using wheat, rice flour, black gram, sugarcane juice and milk products which are delicious and nourishing, fresh rice, gingelly oil and bone marrow" from the book *Ashtanga Hrdaya, Sutrasthana, Chapter 3 Rtucharya, Sloka 11-14*

- Sweet, sour and salty tastes are best for this season
- Eat warm, cooked food spiced up with: ginger, pepper, turmeric, cumin, clove, asafoetida, mustard seed, ajwain, cinnamon, fennel seed, fenugreek seed, onion, garlic
- Proteins: Mungdal, black gram (Maasha) beans, chickpeas, lentils, white meat, egg, mutton (meat soup), nuts and seeds, spirulina, hemp seeds
- Vegetables: green leaves, carrot, beet, eggplant, cauliflower, broccoli, bitter-snake-bottlegourd, moringa (drumstick), chow-chow
- Sweet = Cereals: millets, wheat, barley, rice, oats
- Sweet = fruits: apple, banana, chiku, papaya, passion fruit, pomegranate, grape, guava, pear, rosella, all citrus preferably sweet

- Ghee or sesame oil, olive, sunflower, apple cider vinegar
- Beverages: herbal masala teas, hot water, with honey or jaggery, sugarcane juice, golden milk with turmeric

### TO AVOID:

- Cheese, yogurt, curd, lassi at dinner (they should be eaten at breakfast or lunch)
- Cold beverages, ice-cream
- Raw vegetables and food that is heavy and difficult to digest (deep fried, etc.)

### HEALTHY ROUTINE FOR WINTER:

- Main principle: stabilize, centre, nurture and recharge
- Sleep longer
- Keep a regular rhythm (with meals and bedtime)
- Massage with sesame oil + apply heat to let the oil penetrate
- Hot shower or bath, Foot bath with warm salty water
- Keep the body warm with cotton, wool, silk, leather
- Physical exercise: 30 minutes daily of stimulating Yoga, Pranayama, Meditation-concentration, Qi-Gong, Toning...
- Nasya: put 1 drop of Anu Tailam in each nostril at bedtime or in the morning if the nose is congested

### TO AVOID:

- Prolonged fasting
- Humid and cold air, wind, fan
- Long hours at the computer
- Stay awake late at night

### SOME AYURVEDIC PLANTS OR PREPARATIONS FOR WINTER:

- For a better digestion: ginger, cinnamon, pippali (long pepper), Be No1 (ginger, turmeric, black pepper) or Trikatu (for *Kapha*), Hingwashtak churna (for *Vata*), Avipatikar churna (for *Pitta*), taken after a meal with a little bit of honey
- For cold, cough and respiratory infections: tulsi, karpuravalli (*Coleus amboinicus*), Be No3 (ginger, turmeric, black pepper, tulsi, amla, cinnamon), Sitopaladi churna, Talispatradi churna
- For inflammation, joint pain: turmeric, Be No4 (ginger, turmeric, fenugreek), Dashamoolarishtam
- For energy and vitality: Chyavanprash

Wishing you a nurturing and loving winter,  
Be @ Sante Clinic





# MATRIMANDIR ACCESS INFORMATION

## Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of silence
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am - 7:30pm.
- Aurovilians may bring close family and friends to the Gardens only daily, 9am - 3:30pm.
- Aurovilians bringing children under the age of 10 to visit the Gardens may do so only after 11:30am except Tuesday when they can come from 9am to 11am.**
- Aurovilians wishing to bring close family to the Gardens at any other time should inform [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in) before 11am on the day of the proposed visit.
- Registered Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass..
- Published events in the Park of Unity are open to Aurovilians, registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Tuesday evenings: Guests holding only Aurocards wishing to attend should book by filling in the [form](#) one or two days in advance.
- Visits to the Park of Unity and Inner Chamber should not be included in the program of any conference or workshop. Participants should be directed to the Viewing Point.

## Access to the Inner Chamber of the Matrimandir for Aurovilians, Newcomers, and registered Volunteers

The Matrimandir is a place for silent individual concentration

- The Inner Chamber is open to Aurovilians and registered Newcomers:

Monday – Saturday 6:00 am - 8:00 am  
4:30 pm - 7:30 pm  
Sunday 6:00 am - 12:00 pm  
4:30 pm - 7:30 pm

- The Inner Chamber is open to **registered Volunteers**:

Wednesday - Monday 8:00 am - 8:35 am  
Arrival at 7:45am at the Office Gate.

- The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 3 close family and friends, no more than once in two weeks, with booking 3 to 5 days in advance at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in):**

Any day except Tuesday & Sunday  
8:00 am - 8:35 am  
Arrival at 7:45 am at the Office Gate

- The Inner Chamber, the Petals, and the Gardens are open to the Children of Auroville and the Outreach Schools:

Tuesday 9:00 am - 11:00 am

- Auroville units can bring their staff to the Inner Chamber with a prior booking at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in):

Tuesday 8:00 am - 8:30 am

## Petals of the Matrimandir

- The Petals are open to Aurovilians, registered Newcomers, and Pass holders

Daily 7:00 am - 8:00 am  
5:00 pm - 6:00 pm

## Access to Matrimandir for Visitors and Guests

**Matrimandir Viewing Point:** The Viewing Point is open to the general public on presentation of a Pass. Visits to the Matrimandir Viewing Point are free of charge. Free passes can be obtained at the Auroville Visitors Centre.

The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.

Starting from the Visitors Centre.  
Daily, 9:00 am - 5:30 pm

**The Inner Chamber** of the Matrimandir is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point, or to go to the website: [auroville.org](http://auroville.org)

- Prior booking is required to access the Inner Chamber at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years.
- The Petals are open to Visitors on the morning of their Inner Chamber visit.

## Security

Please note that it is not permitted to

- Swim in any of the ponds, the channel and the Lake except the Children's ponds in the Garden of Youthfulness
- Throw pebbles into the ponds and fountains
- Pick flowers in the Gardens
- Climb to the very top of the Petals.

Parents, please supervise your children at all times.

**Bags, cameras and cell phones** should be left in the lockers or the Access office.

Please no photography, videos or drones without prior permission. For permission, please write to [matrimandir@auroville.org.in](mailto:matrimandir@auroville.org.in).

Antoine for Matrimandir Executives Team



**ACCESSIBLE AUROVILLE PUBLIC BUS**  
[avbus@auroville.org.in](mailto:avbus@auroville.org.in) / +91 94430 74825

## Auroville TO PONDICHERRY

|                                | Trip 1 | Trip 2 | Trip 3 |
|--------------------------------|--------|--------|--------|
| Svaram Musical Center          | 7:00   | 8:50   | 14:50  |
| Vérité Guest House - Junction  | 7:02   | 8:52   | 14:52  |
| Town Hall - Main Parking       | 7:06   | 8:56   | 14:56  |
| Solar Kitchen (Ex Round About) | 7:10   | 9:00   | 15:00  |
| Certitude Entrance             | 7:12   | 9:02   | 15:02  |
| New Creation Road              | 7:17   | 9:07   | 15:07  |
| SBI Bank—Kuilapalayam          | 7:19   | 9:09   | 15:09  |
| ECR Junction—Aroma Guest House | 7:23   | 9:14   | 15:14  |
| Quiet Healing Center—Junction  | 7:26   | 9:17   | 15:17  |
| Lotus Hotel—S.V Patel Salai    | 7:36   | 9:30   | 15:30  |
| Ashram Road Junction           | 7:38   | 9:33   | 15:33  |
| Ashram Dining Hall             | 7:40   | 9:35   | 15:35  |

## Pondicherry TO AUROVILLE

|                                | Trip 1 | Trip 2 | Trip 3 |
|--------------------------------|--------|--------|--------|
| Ashram Dining Hall             | 8:00   | 12:15  | 18:10  |
| Ashram Road Junction           | 8:02   | 12:17  | 18:12  |
| Lotus Hotel—S.V Patel Salai    | 8:07   | 12:22  | 18:17  |
| Quiet Healing Center—Junction  | 8:17   | 12:32  | 18:27  |
| ECR Junction—Aroma Guest House | 8:20   | 12:35  | 18:30  |
| SBI Bank—Kuilapalayam          | 8:25   | 12:40  | 18:35  |
| New Creation Road              | 8:27   | 12:42  | 18:37  |
| Certitude                      | 8:32   | 12:47  | 18:42  |
| Solar Kitchen (Ex Round About) | 8:34   | 12:50  | 18:44  |
| Town Hall - Main Parking       | 8:38   | 12:54  | 18:48  |
| Vérité Guest House - Junction  | 8:42   | 12:58  | 18:52  |
| Svaram Musical Center          | 8:45   | 13:00  | 18:55  |

- Single Trip = ₹100 per person
- Monthly Scheme (Students + AV Workers) = ₹1200
- Monthly Scheme (Students + AV Workers) = (One Way) ₹850

Auroville Vehicle Service  
Town Hall, Auroville, 0413 2623302



Join our WhatsApp group of Auroville Bus to get regular updates:

<https://chat.whatsapp.com/Lt43wBCBno1E6CTwoaUt2x>

## EMERGENCY NUMBERS

| Ambulance (24/7):                            |   |                                       |
|--|---|---------------------------------------|
| Auroville<br>94422 24680                     | PIMS<br>0413 2656271                          |                                       |
| Security (24/7):                             |   |                                       |
| Auroville Police<br>Station<br>0413 2677318  | Kottakuppam Police<br>Station<br>0413 2236148 | Vanur Fire<br>Station<br>0413 2677368 |
| Health:                                      |   |                                       |
| Health Center<br>0413 3509942 &<br>3509943   | Santé<br>0413 2622803                         | Farewell<br>89038 36246               |
| Mental Health 24/7 Support:                  |   |                                       |
| Vandrevala Foundation +91 99996 66555        |   |                                       |
| India Emergency Response Service (24/7): 108 |   |                                       |